our coworkers, siblings, parents, grandparents, and neighbors.

Their service and sacrifice for our families and country are essential and immeasurable work, but their contributions are often overlooked and undervalued.

Caregiving requires time, money, resources, and patience. It can take a toll on a caregiver's physical and mental health.

As a caregiver for my own mom, I want every family caregiver to know that you are not alone, that we are in this with you. Your efforts do not go unnoticed. You deserve to feel celebrated.

We must do more to ensure that you have the support that you need. You have a champion in Congress who will fight for higher wages and better benefits for you.

We must continue to invest in programs like IHSS and WPCS so that our elders can stay home and have the dignity to be in their homes in their later years and be taken care of.

Thank you again to all the caregivers out there for everything you do.

HONORING LEWIS SMITH

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from New York (Ms. TENNEY) for 5 minutes.

Ms. TENNEY. Madam Speaker, I rise today to honor my dear friend, Staff Sergeant Lewis Smith, affectionately known as Slugger and also very affectionately known as the Mayor of Washington Mills, who recently passed away at the age of 99.

Lew was born in Washington Mills, New York, in 1922 and graduated from Sauquoit Valley Central School in 1940.

After the terrible attacks on Pearl Harbor, Lew immediately signed up to fight for our country in the United States Air Force, with what at the time was known as the 13th Army Air Corps 307th Bombardment Group in the South Pacific.

A member of the Greatest Generation, Lew honorably served our country in World War II, completing 50 combat missions in the South Pacific with, as I said, the 13th Army Air Corps 307th Bombardment Group.

He wrote a wonderful book chronicling his experience in the war, which I highly recommend to everyone who is interested in finding out what it was really like to just be an average member of the Air Force, enlisting and learning and growing and sacrificing.

After the war, Lew came home to Washington Mills and married the love of his life, Jane, on May 5, 1945, after moving to Denver to complete Lew's military service.

The couple moved back to Washington Mills, where they would live together for 76 years until Jane's passing in 2021.

Upon moving back to Washington Mills, Lew worked as a welder for Utica Structural Steel before taking over his father-in-law's service stations with his two sons. Later, Lew would take on positions as a maintenance man for the town of New Hartford highway and police departments.

On top of his service as a mechanic, Lew also served our community as one of the founding members of the Willowvale Fire Company Inc., serving since 1950, and as the leader of the Clonan Post 1000 American Legion.

Lew was a wonderful person, a dear friend, and a tremendous community servant. I thank him and his family for their friendship and for the lifetime of service and commitment to our community by the entire family.

He was truly a special gem in our community like no other person. Probably my greatest inspiration, other than my own father, Lew was a person of great integrity, great honesty, who gave wonderful, sage advice to everyone he met. He was also one of the kindest people and one of the most caring, giving people I have met in my life.

I thank him and his family and his wonderful wife, Jane, for all the wonderful times and, actually, great experiences I had and their support of our community and all those people who serve in the fire service and police service and serve our Nation in uniform.

He truly embodied our Greatest Generation, and he is sorely missed by our community.

HONORING EDWARD BRADLEY

Ms. TENNEY. Madam Speaker, I rise today to honor Edward Bradley of Chadwicks, New York, who passed away earlier this week.

Edward was a lifelong resident of the Utica area and dedicated his life to serving our community and his family. He worked for several companies in the area, including James Donovan Roofing and Mohawk Containers, where he worked for 40 years. Incidentally, James Donovan was one of our New York State senators from our region.

On top of his work, Edward was also a 50-year member of the Willowvale Fire Company, where he served previously as president and vice president. He also served as a member of the Oneida County Fire Police and the State director of the New York State Fire Police Association, and he was honored by the Willowvale Fire Company with the very prestigious Ironman Award.

Edward was also a member of the Utica Elks Lodge and was nominated by the United Way of the Mohawk Valley for the 100 Heroes of the Mohawk Valley, recognizing his tremendous and honorable, dedicated service to our community.

Edward, thank you for your lifetime of service, and may your memory continue to be a blessing to all of us and the new generations of people that come after us.

We will never forget your commitment to our region, and your family remains in our thoughts and prayers. Your department is in great hands. They learned from truly the best.

 \Box 1030

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Pennsylvania (Ms. SCANLON) for 5 minutes.

Ms. SCANLON. Madam Speaker, I rise today during National Survivors of Homicide Victims Awareness Month, a time when the pain and grief of loss should be honored with action, to read the words and the plea of a heartbroken mother and a Pennsylvania 5 constituent, Molly Collington, who lost her son, Sam, to gun violence a year ago on November 28, 2021.

By all accounts, Sam Collington was a remarkable young man who left an outsized impact on our community.

His mother, Molly, shared her story with me earlier this fall when I met with her and her colleagues at Delaware County's Moms Demand Action chapter. I was deeply moved by her advocacy in the face of unimaginable loss and grief, and I am sharing her words with her permission now.

"My name is Molly Collington. I am Sam Collington's brokenhearted mother.

"Sam was the best son any mother could ever ask for. He was kind, smart, reliable, and without a doubt, one of the funniest people to ever walk this Earth.

"Sam was murdered on November 28, 2021. The day began with Sam loading up his father's car with clean laundry, some leftover turkey, and supplies to carry him through the rest of the semester.

"He was returning to his apartment at Temple University after the Thanksgiving weekend. He planned to drop the items off at his apartment, then return home to watch HBO with me, sleep in his own bed, and then take the train back to school Monday morning. That did not happen.

"Because on his street, near his apartment, was a career criminal with an illegal gun waiting to steal the car of the next person that drove down the street. The next person was my Eagle Scout son, Sam. Sam was shot four times and died less than 30 minutes later at Temple Hospital.

"Sam was so knowledgeable about our country and all its history. He knew every single President and could talk for hours about politics. So it was no surprise when he told his father and I that he wanted to study political science at Temple University after high school. His fervor for politics and government started very young. He proudly served as his high school's president for his junior and senior year.

"During his time at Temple, he served as the president of the Political Science Society, never missing an opportunity to make each day count.

"He planned to attend law school and study constitutional law. He was an activist.

"He campaigned for local politicians and interned at city hall where he worked with elections. He was responsible for getting hundreds of people registered to vote, on and off campus. He was a poll watcher.

"He even went on a 'Bernie Journey' where he rode with fellow Temple students on a schoolbus to North and South Carolina to campaign for his favorite politician, BERNIE SANDERS.

"Sam truly believed in the 'not me, us' mantra, which is why he was so outspoken in his love of politics and striving for a better world.

"Sam had a larger-than-life personality. As one of his professors pointed out: 'It is impossible to be involved in the Political Science Department and not know Sam Collington.'

"He became known on campus as 'Poly-Sci Sam.'

"To lose a child is the greatest pain any parent can ever experience. Every day, my heart breaks all over again. To lose a child like Sam, knowing that he was destined for something big, is absolutely soul-crushing. How his father, sister, and I are still standing seems impossible to believe. He made us better people just by knowing him. We are destroyed without him, his cheerfulness, his wit, and his intelligence.

"One of the hardest parts is knowing my son's murder was preventable. Our children should be able to go to school safely. We should not have to worry about making sure they know where the closest exits are at the movie theaters, supermarkets, concerts, and churches.

"I implore our elected officials to do more to keep guns out of the wrong hands.

"We must do better. We have to do better. We are failing our children.

"They say time heals all wounds, but I can tell you without any doubt whatsoever, not this one."

CRISIS AT THE SOUTHERN BORDER

The SPEAKER pro tempore. The Chair recognizes the gentleman from Tennessee (Mr. Rose) for 5 minutes.

Mr. ROSE. Madam Speaker, there is no denying that the crisis at our southern border was caused by President Biden and his administration's openborder policies.

Since President Biden took office, more than 3.8 million illegal immigrants have been apprehended at our southern border. Meanwhile, the commissioner of Customs and Border Protection was falling asleep during meetings while this crisis continued on his watch.

This is exactly why, around 2 weeks ago, I joined 15 of my fellow House Republicans, led by Congressman HICE, in calling on CBP Commissioner Magnus to resign. Thankfully, he did, and now our country and its national security are better off.

Already, before Republicans even officially take the majority, we are holding the Biden administration accountable.

I promise that come January 3, when the new Congress is sworn in, you can expect more accountability where that came from

PRESIDENT BIDEN'S STUDENT LOAN FORGIVENESS HANDOUT

Mr. ROSE. Madam Speaker, the Congressional Budget Office has confirmed what most Tennesseans already knew. President Biden's plan to give a handout to millions of college-educated Americans will be paid for with even more deficit spending than anticipated, around \$400 billion in deficit spending to be exact.

This is just as shocking: The President thinks it is acceptable and legal to spend this kind of money without congressional approval. But it is neither.

We hear \$10,000 per borrower thrown around a lot, but the CBO says 24 million people would receive \$20,000 in debt forgiveness under the plan. That is basically a 2022 Hyundai Elantra or a Kia Soul or a brand-new Nissan Sentra.

I ask my Democrat colleagues: How are you okay with giving away the equivalent of a new car to 24 million people and asking those without student debt to foot the bill, asking Tennessee plumbers to foot the bill for Harvard-educated lawyers, asking America's blue-collar workers to give a subsidy to some of the best-educated people and best-paid people in this country?

This administration must reverse course on this wrong-headed, regressive policy.

CHILDREN SHOULD NOT BE RESTRAINED

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Texas (Ms. Garcia) for 5 minutes.

Ms. GARCIA of Texas. Madam Speaker, I rise to recognize the need for us to prohibit the physical restraining of young children as a form of discipline in schools.

Shockingly, in the 2017 through 2018 school year, nearly 71,000 elementary school-aged children were physically restrained. Even worse, 80 percent of the restrained children were kids with disabilities, some younger than 5 years old, even though they only make up 13 percent of the student population.

In Texas, 91 percent of all reported restraints are experienced by children with disabilities. Regrettably, children who are Latino and Black are at much higher risk of being restrained.

Since 2020, nearly 20 fatalities have occurred because of poor restraining techniques and children's bodies simply being too small to endure this form of discipline. This is simply heartbreaking and is totally unacceptable.

It doesn't appear to be slowing down. Just this month, Moesha Baker, a mother from the Houston Independent School District, received a letter from her 4-year-old son's elementary school and was told that he had been restrained at school. Ms. Baker learned 2 days after the incident that this restraining had been unjustified and that

the teacher was on administrative leave.

This is a very deeply troubling case. Fortunately, her son was not physically hurt, but think of the emotional scars that he must endure. This is, again, totally unacceptable.

Many times children are hurt, like a 10-year-old student from a charter school in Waco, Texas, who sadly was restrained to the point that he actually had a broken arm in four places when he was restrained last month. The child had a learning disability.

Madam Speaker, put yourself in the shoes of these families. One minute, you are hugging your child, saying goodbye, they are off to school. The next minute, you get a call that your child has been restrained, put in handcuffs or zip-tied as a form of discipline. This is flat wrong, it is inhumane, and it must stop.

Madam Speaker, today, I will be introducing my resolution called the No Kids in Cuffs Resolution to encourage local and State governments to prohibit this practice.

Young children who are restrained are more likely to experience short-term and long-term problems in sleep, learning, relationships, and trust. In fact, being restrained is so traumatic that it even impedes a child's development. Many of them go on to struggle with suicidal thoughts and are forced to live with post-traumatic anxiety. All of this on top of the physical pain that they may experience.

While the children clearly must be the first we protect, sometimes teachers, administrators, and officers are also at risk of developing trauma from just simply witnessing a child being restrained to the degree that their little arm is broken in four places. It is hard to endure, it is hard to witness, and this trauma must end.

Let's make sure no other parent must endure what Ms. Baker and thousands of others families must go through. Let's begin the conversation of prohibiting the physical restraining of children. Let's put children over restraints. Let's put books over cuffs.

That is why I am introducing today, Madam Speaker, the No Kids in Cuffs Resolution, and I ask all my colleagues to help me. We must end this practice. Children should focus on their books and their learning, not on cuffs and trauma.

HONORING JOANNA ROWE

The SPEAKER pro tempore. The Chair recognizes the gentleman from North Carolina (Mr. MCHENRY) for 5 minutes.

Mr. McHENRY. Madam Speaker, today, I come to the floor to honor a member of my team who has devoted the past 18 years to serving the constituents of North Carolina's 10th Congressional District, serving it with integrity and honor, especially for veterans and servicemembers.

It is my true honor today to pay tribute to my friend and my lead veterans